

Healthy Columbus Onsite Group Fitness Q3, 2016

Schedule and Class Descriptions

Classes start the week of **July 5th, 2016** and
end the week of **September 16th, 2016**

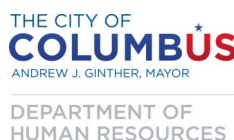


Attend as many classes as you like!

All City employees are encouraged to participate in Healthy Columbus sponsored programming such as physical activity classes and health fairs. Supervisors are encouraged to consider requests for flexible work schedules for employees who wish to attend these programs.

Sign-up for free Right Start sessions!

Right Start is a health coaching program for employees who want to improve their fitness levels. Call x3979 or email plshick@columbus.gov to learn more about the program. You can participate in Right Start regardless of where you work out. It's the perfect compliment to these group fitness classes!



Q3, 2016 Class Descriptions

Torch Boot Camp—Jennifer

This class incorporates the basic moves and form for proper exercise technique that can be used in a gym or at home. Free weights, cardio and core will be the focus for an intermediate workout. Nothing is designed to be heavy, but you will feel the burn. Modifications to exercises and pace can be made for all fitness levels.

Tabata

Tabata is a form of high-intensity interval training (HIIT). It involves short bouts of explosive interval moves done for 20 seconds each for eight rounds, with a 10-second break between each round. It can burn a whopping 13.5 calories a minute—and double a person's metabolic rate for 30 minutes afterwards.

Chair Yoga— Get Fit While you Sit!

Just about any pose that can be done standing, sitting, or lying on a mat can be adapted to sitting on a chair. Everyone is welcome-, each pose will be presented in multiple levels of flexibility. The class will include breathing, meditation, stretching, strengthening. Bonus: you can participate in your work clothes! *Yogis who wish to practice on a mat are able to do so.*

Dance Fusion

Dance fusion is a full-body, high energy exercise that is suitable for both beginners and advanced exercise enthusiasts. This class can be a diverse way for you to get the exercise you need each day. Each class will vary to ensure you receive optimal results.

Pilates

Pilates is a sequence of exercises performed on a mat using the abs, lower back and tush. Special attention is paid to detail, sequence, alignment and control of each movement. Virtually of the exercise are done in a low weight-bearing position allowing for little or no impact on the joints.

Incinerate

Train every part of your body with free-weights, cardio and core exercises. Routines will change weekly, incorporating body resistance, circuit/station training, and high intensity cardio. Intermediate to an advanced fitness levels welcome.

Tummy and Tush

An incredible isometric workout for your tummy, tush, thighs and more. A blend of cardio and isometrics to ensure maximum results. This fat burning, calorie torching workout will leave you with sleeker thighs, a flatter tummy and a shapelier tush.

Yoga for Stress & Flexibility

Moves at a slower pace focusing basic poses and calming the mind and body. A few minutes of quiet meditation brings the class to an end. The student is revived and energized and ready to continue the work day.

Yoga for Strength

For students with some yoga experience. Moves at a slightly quicker pace and poses will build strength in the joints and all muscle groups- you might sweat a bit!

Zumba

Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

Cardio Kickboxing

This class will be a total body fitness experience using punching, kicking, and jabbing. Gloves and pads will be used for all levels to be challenged. Other cardio and core training will be incorporated.

Pat's Downtown Boot camp

This class is designed to maximize your calorie burn in a short 30 minute time frame. The goal of this class is to challenge your mind, body and drive in order to get you fit, healthy and most importantly... Have fun! Class may move outside if weather allows!

Meet Your Class Instructors



Bev Campbell (Yoga For Stress & Flexibility, Chair Yoga)

Bev is wife, mother, grandmother and is also employed with a fast paced IT company, so she is always juggling life's demands. Yoga, has helped Bev to find the inner peace & strength that is so necessary to cope with one's life. She is a certified and registered Yoga Alliance Teacher and has been practicing yoga for over 10 years. Her approach to Yoga is centered on calming the fast-paced mind and soothing the effects of stress in the body, an approach which ultimately addresses personal productivity and satisfaction. Classes include breathing exercises and mind-body postures for fitness, appropriate to all levels of flexibility and strength. [Teaches classes](#)



Lori Fannin (Yoga for Stress & Flexibility, Yoga for Strength)

Lori started practicing yoga via video in 1998 as a way to lose weight and really enjoyed it. Soon she was taking classes at her gym and was hooked and began teaching in 2004. Over the past decade Lori has taught yoga at local fitness facilities and currently teaches for the Healthy Columbus Program, downtown YMCA, AEP. Lori is consistently staying current with Yoga practices through continuing education and hopes to see you in class!

[Teaches classes](#)



Jennifer Wilkinson (Incinerate, Torch Boot Camp, Cardio Kickboxing)

Jennifer is a Certified Personal Trainer who became an advocate for a holistic lifestyle after realizing at the age of 25 that she was at the heaviest and unhealthiest she had ever been. After attending her 1st private session with a personal trainer, her true passion for helping others reach their goals was born. She went on to lose 30 lbs and began teaching others about her journey and believes there is not a "one size fits all" approach to health and fitness. She became certified in personal training, group fitness, and has traveled to Fiji to become certified in yoga. She believes in pushing people to be their personal best. Her motivation comes from showing others their true potential and helping them accomplish at least one thing they "thought" they could not do. [Teaches classes](#)



Lydia Bowen (Yoga for Strength)

Lydia Bowen is Ohio born and raised and has lived in Columbus since 1987. She received her 200hr yoga teacher certification so she could bring to others the joy she has found in yoga. Yoga has given her a sense of strength and balance in her daily life that she hasn't found anywhere else. She loves the simplicity of yoga because all you need is a mat and a willing attitude. Lydia believes yoga is very versatile and is accessible to everyone. Lydia's passion is teaching yoga to sports teams and athletes, focusing on injury prevention and to increase balance and flexibility. [Teaches class](#)



Pat Shick (Pat's Downtown Bootcamp)

Currently the wellness support coordinator at Front Street Fitness, Pat has a wealth of experience teaching and guiding city of employees through workouts! Originally from Powell, Ohio, Pat attended Otterbein University where he played soccer and completed his undergraduate degree in Sport Management then going on to complete his Masters Degree in Health & Wellness. Pat currently lives in Uptown Westerville with his wife Kimmie and their 7 year old Boxer Roma. [Teaches classes](#)



Melissa Keesing (Dance Fusion)

Melissa has over 4 years of experience in the dance fitness industry. She fell in love with hip hop dance and could often be found at the head of the class dancing the pounds away. Not only has she changed her look, she has worked hard to change her life! [Teaches class](#)



Gwen Surratt (Yoga for Stress & Flexibility, Yoga for Strength)

Gwen has studied and taught yoga for over 30 years, brining this practice of mind and body to hundreds of yogis. Aside from the five City of Columbus classes, Gwen also teaches at McConnell Heart Health, State Farm (New Albany), Westerville Community Center and the Yoga Factory in Westerville. [Teaches classes](#)



Juana Williams (Tummy & Tush, Tabata)

Juana is fitness fanatic and is a Certified Personal Trainer. Having lost forty five pounds over 9 years ago, she understands the struggles of losing weight and what it takes to maintain it. She will join you on your journey as a constant source of encouragement/motivation to keep you on track— she's ready to transform your life. [Teaches classes](#)



Mindy Foster (Zumba & Dance Fusion)

Mindy has been teaching Zumba since September 2014. Her favorite rhythm to dance to is Reggaeton. She has always had a passion for dance and music. She says that Zumba has given her the opportunity to share her love and passion with others as well as create some amazing friendships. [Teaches class](#)

HELPING YOU GET RESULTS YOU WANT

Right Start EMPLOYEE FITNESS CENTER

healthy(COLUMBUS)
CITY EMPLOYEE WELLNESS PROGRAM

In four short meetings over the next 30 days, we can take you from an exercise skeptic to a highly-confident individual who is excited about working out. In less than two hours of your time, you will gain the tools and resources that will help you succeed.

1 EXPLORE

To help you achieve your wellness goals and get the most out of your Y Investment, it's important for us to spend some time getting to know you.

2 PLAN

You've begun exercising and you're starting to get comfortable. After spending some time on your own, it's natural to have some questions.

3 ACT

You've gained important knowledge and begun to implement a solid wellness strategy. This critical meeting will help you recognize and overcome the most common obstacles to healthy living.

4 SUSTAIN

You've made progress, now it's all about sustaining your improved, healthier lifestyle. This meeting is about maintaining your new habits and keeping up with success over time.

Schedule your FREE Right Start appointment today!

Call: 614-645-3979

Email: plshick@columbus.gov

THE CITY OF
COLUMBUS
THE ONLY COLUMBIAN METRO
DEPARTMENT OF
HUMAN RESOURCES

FSF & the YMCA would like to officially introduce **PERSONAL TRAINING** at the Employee Fitness Center

We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer and a coach.

The Y offers private, semi-private and small group training to help you set and meet your specific goals in order to live healthier.

See the breakdown of pricing below, and contact Pat to set up your first appointment. [645-3979](tel:645-3979) or plshick@columbus.gov

FRONT STREET FITNESS MEMBER SPECIAL

**Three Personal (1:1)
60-minute sessions
JUST \$99* (\$120 value)**

TRAINING RATES*

60 MINUTES

30 MINUTES

PERSONAL (1:1)

\$39.95/session
\$199.95/6 sessions

\$21.95/session
\$109.95/6 sessions

SEMI-PRIVATE (1:2-3)

\$29.95/session
\$149.95/6 sessions

\$15.95/session
\$79.95/6 sessions

SMALL GROUP (1:4-6)

\$19.95/session
\$99.95/6 sessions

\$11.95/session
\$59.95/6 sessions

healthy(COLUMBUS)
CITY EMPLOYEE WELLNESS PROGRAM

THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR
DEPARTMENT OF
HUMAN RESOURCES

 UnitedHealthcare®



Thursday evenings – 5:15pm – Wolfe Park (meet near the tennis courts)

Saturday mornings – 8:00am – Antrim Park (meet by the lake)

These sessions are suitable for all ages and skill levels! Lynn will help you create a plan whether you're walking your first 5k or running your 10th marathon! Don't miss out on an this free opportunity to meet your race goals and get more peer support than you ever dreamed possible!

Email BTKimbro@columbus.gov if you are interested in signing up– it's quick and easy!



Coach Lynn with club on St. Paddy's day with members Mark Carter, Ginny Dorsey, Beth Jones, Amanda Heaggans, Bill & Andrea Tippery, Terry Stewart, and Angela Payne.

Lynn Pattin has been running competitively since the 7th grade. She attended The Ohio State University graduating with a BA in Journalism & Communication. Lynn regularly attends workshops on sports nutrition, injury prevention, and other running related topics. She has participated in local running groups, corporate running clubs, and coached individual runners to help them achieve their running goals, whether it is completing their first 5K or tackling the longer distances. Lynn also enjoys Piloxing, strength-training, and a regular yoga practice. She lives in Lewis Center with her hubby, Josh, and her favorite student of all - her young son, Ryan, who already has five 5Ks under his belt!

Q3, 2016 Group Fitness Class Registration Form

Register online at:
[Surveymonkey.com/r/GroupClasses](https://www.surveymonkey.com/r/GroupClasses)

Classes begin the week of July 5th and end the week of September 16th.

Questions? Call 645-3892

Mon.	1	Chair Yoga	11:30-12:15	910 Dublin Rd. Auditorium
	2	Yoga for Stress and Flexibility	11:15-12:15	240 Parsons Ave. Fitness Rm.
	3	Yoga for Stress and Flexibility	12:30-1:30	240 Parsons Ave. Fitness Rm.
	4	Yoga for Strength	11:30-12:30	77 N. Front St. Cols. STAT Rm.
	5	Body by Juana Boot Camp	11:30-12:30	3639 Parsons Ave. Gym
	6	Tummy and Tush	4:45-5:30	757 Carolyn Ave. Hearing Rm.
Tues.	7	Yoga for Strength	11:00-12:00	757 Carolyn Ave. Hearing Rm.
	8	Yoga for Stress and Flexibility	11:30-12:30	3639 Parsons. Rm. 101
	9	Pat's Downtown Boot Camp	12:00-12:45	77 N. Front St. Cols. STAT Rm.
	10	Yoga for Strength	1:00-2:00	240 Parsons Ave. Fitness Rm.
	11	Body by Juana Boot Camp	3:30-4:30	3776 South High Street - COAAA
	12	Cardio Kickboxing	5:15-6:15	240 Parsons Ave. Auditorium
Wed.	13	Yoga for Stress and Flexibility	5:30-6:30	3776 South High Street - COAAA
	14	Yoga for Stress and Flexibility	11:30-12:30	1111 East Broad Exercise Rm
	15	Yoga for Stress and Flexibility	11:30-12:30	77 N. Front St. Cols. STAT Rm.
	16	Zumba	5:00-6:00	240 Parsons Ave. Fitness Rm.
Thurs.	17	Incinerate	11:30-12:30	240 Parsons Ave. Fitness Rm.
	18	Pat's Downtown Boot Camp	12:00-12:45	77 N. Front St. Basement
	19	Dance Fusion	5:00-6:00	77 N. Front St. Basement
Fri.	20	Yoga for Stress and Flexibility	12:00-1:00	1250 Fairwood Ave. Rm 0031B
	21	Tabata	11:30-12:00	240 Parsons Ave. Fitness Rm.